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## 2023 - 2024 Class Descriptions

### **Fundamental & Toddler Dance**

KICKS' Fundamental Program is especially designed for children ages 2 - 6 years old. Keeping in mind the developmental abilities of each age group, these classes emphasize basic dance skills, creative movement, and classroom etiquette. To ensure that every class is exciting and fun, we incorporate "prop dancing" into many of the activities. With the use of scarves, rhythm instruments, bean bags, and many other props, students will learn the basic elements of dance movement: balance, body & spatial awareness, rhythm, coordination and quality of movement. With the emphasis on creative expression and physical awareness, you can be assured that your child is receiving a solid foundation and learning to love dance at the same time!

#### **"Toddler & Me" or "Enchanted Dance": approx. age 2-4 / Creative Dance - 45 minutes**

*(Students in this class will NOT perform in the year-end recital)*

"Toddler & Me" means a parent/guardian attends class with the dancer and they participate in class together. Perfect for those little ones that may have separation anxiety or need the comfort of a parent/guardian. "Enchanted Dance" is done without a parent/guardian participating in class. The objectives for these classes are to build a love for dance, discover movement as a form of self-expression, master basic developmental skills, get comfortable with standard classroom etiquette and introduce musical awareness skills. Students will learn through repetition and imitation. Consistency in class structure provides an atmosphere that will give dancers a feeling of control and accomplishment. Imaginations will be stimulated and coordination skills will improve as they fly like birds, pop like popcorn or "dress-up" for a special Ball. Other areas of focus will include body & spatial awareness, large & fine motor skills, coordination & balance skills and group participation.

#### **Fundamental A: approx. ages 2.5- 4 / Ballet & Tap - 45 minutes**

*(Students in this class will perform one routine in the year-end recital and one in our holiday show)*

The objectives for this class are to build a love for dance, discover movement as a form of self-expression, master basic developmental skills, get comfortable with standard classroom etiquette and introduce musical awareness skills. Students will learn through repetition and imitation. Consistency in class structure provides an atmosphere that will give dancers a feeling of control and accomplishment. Imaginations will be stimulated and coordination skills will improve as they fly like birds, pop like popcorn or "dress-up" for a special Ball. Other areas of focus will include body & spatial awareness, large & fine motor skills, coordination & balance skills and group participation.

#### **Fundamental B: approx. ages 3.5 - 5 / Ballet & Tap - 60 minutes**

*(Students in this class will perform one routine in the year-end recital and one in our holiday show)*

Students at this level will be challenged to maintain focus and energy for a longer time period as their lesson is now extended to a full hour. Basic Ballet terminology will be presented, along with steps that can be executed properly. In Tap, dancers will gain increased rhythmic & coordination skills. Creative expression is developed more fully, with the continued integration of props, and students will be encouraged to express their independent thinking skills during creative activities rather than always just imitating the teachers' movements.

#### **Fundamental C: approx. ages 4.5 - 6 / Ballet/Tap OR Ballet/Jazz - 60 minutes**

*(Students in this class will perform one routine in the year-end recital and one in our holiday show)*

Dancers in this division will continue to develop their Fundamental Ballet skills, but will also enjoy a new exposure to Jazz OR continue to progress their tap skills. The combination of Ballet & Jazz or Ballet & Tap provides the perfect balance of fast & slow. Students will be taught how to perform more advanced formations & patterns and will learn how to memorize longer combinations of steps. Creative expression is developed more fully and will be exercised through abstract & advanced movement concepts.

## **Classic - Combo, Select, & Open/Adult**

In KICKS' Classic Program, students in grades 1 through 12 have the option of choosing their favorite subjects and will be challenged as they advance year to year. Dancers will find their experience the perfect outlet to enjoy music, movement, friends and fitness.

Understanding that children today are often involved with many different sports, school, and church activities, this program is a fabulous way to incorporate dance into their lifestyles without having to choose it as their only activity. In addition to the obvious benefits of dance education, students will gain skills that are sure to enhance their other activities:

- Strength, Coordination & Flexibility for Sports
- Confidence, Creativity & Artistic Expression for Theater/Drama
- Presentation, Style & Attitude for Dance or Cheer Teams

**Classic Combo (Beginner-Low Intermediate)** \*Students in these classes will perform one style in our Holiday performance and the other in the end of the year performance per class enrolled\*

**Combo A:** 1st & 2nd Grade

**Combo A/B:** 1st-3rd Grade

**Combo B/C:** 3rd & 4th Grade\*

All Classic Combo classes are 60 minutes long and will cover two different dance styles. These divisions are designed to introduce the dance genres offered in the Classic Program and to solidify beginner skills and vocabulary. Dancers are encouraged to try as many subjects as possible during these grades - either by taking more than one class per week or by trying a different grouping each year. This will provide the most possible options to students once they progress to the Classic Select Divisions. There are Combo A/B and Combo

*\* Experienced 4th graders should move to Classic Select, unless doing a new dance style.*

**Classic Select (Intermediate - Advanced)** \*Students in these classes will perform 1 dance in the Holiday performance and end of the year recital - per class enrolled\*

**Select Junior:** approx. ages 9-12 and/or 4th - 7th Grade (45-60 minute classes, depending on style)

**Select Teen:** approx. ages 13-18 and/or 8th - 12th Grade (45-60 minute classes, depending on style)

The Classic Select divisions are designed to offer the best ability to customize your preferred schedule. Instead of a pre-determined pairing of subjects, dancers will now have the flexibility to pick their absolute favorites. Many in these divisions will choose to take more than one class per week. You will find options with classes scheduled back-to-back or may choose to take single classes on different days of the week, working them more easily into your schedule.

### **Subject Descriptions**

**Ballet** is the foundation of all dance forms, providing important technique and personal discipline. Students will develop grace, control, strength and fluidity in their movement.

**Tap** dancing offers students a great opportunity to focus on their coordination and musical awareness. The skills gained in this class will carry over to every other subject. Tap skills are also a wonderful supplement for any students interested in participating in theater/musical stage performances.

**Jazz** classes will offer a combination of pop, funk and dance-team styles of movement. Jazz dance instruction offers dancers over-all body fitness, flexibility & technique set to their favorite "top 40" music.

**Musical Theatre** classes will focus on traditional Broadway dance techniques. Participants will enjoy performing more character & stylized movement, as well as increasing performance, pantomime and improv skills.

**Lyrical** combines the fluidity & technique of Ballet with the style & freedom of Jazz. Most frequently performed to moderate tempo vocals ("top 40" ballads), this style teaches how to express emotion through movement.

**Contemporary** takes Lyrical "up a notch" by incorporating elements of Modern dance; making it more abstract, where Lyrical is more fluid. This style is combined with Lyrical for our more experienced dancers.

**Hip Hop** combines funk, video and street styles of movement. Students will gain a better sense of body control, coordination and stamina while enjoying the movement to today's most popular (age-appropriate) music.

**Acro** combines classical dance technique with precision acrobatic elements. It is defined by its athletic character, its unique choreography, which seamlessly blends dance and acrobatics, and its use of acrobatics in a dance context. Dancers will gain flexibility in their backs and gain strength in their arms. They will work on basic gymnastic tumbling moves and passes.

## **Advance Level Classes**

In KICKS' Advance Level Program, students in grades 1 through 12 have the option of choosing their favorite subjects and will be challenged as they advance through each division. Dancers will find their experience the perfect outlet to enjoy music, movement, friends and fitness with **more advance training** than our Classic Program.

This program is for the dancer that has a special commitment for dance, would prefer more advance and stricter training in dance, and/or is part of the KICKS Company Program. Note – There are times company members practice their competition routines the last 5 minutes of class. In addition to the obvious benefits of dance education, students will gain skills that are sure to enhance their other activities:

- Strength, Coordination, & Flexibility
- Confidence, Creativity, & Artistic Expression for Theater/Drama
- Presentation, Style, stage presence & Attitude for competitions, performances and/or dance teams.
- All of the Advance Level Classes will perform 1 dance in the Holiday performance and end of the year recital per class enrolled EXCEPT for Stretch & Tech. \*\*

### **Adv Junior 1 (Beginner-Low Intermediate)**

All Adv Junior 1 classes are 45–60 minutes long and will cover one dance style. They are appropriate for approximate ages 6-9 (1<sup>st</sup>-3<sup>rd</sup> grade). These divisions are designed to give more intense training in that one specific style. This class and level is a requirement to be in our Petite Company. However, you do not have to be in Petite Company to participate in the class.

### **Adv Junior 2 (Low – High Intermediate)**

All Adv Junior 1 classes are 60 minutes long and will cover one dance style. They are appropriate for approximate ages 8-11 (3<sup>rd</sup>-5<sup>th</sup> grade). These divisions are designed to give more intense training in that one specific style. This class and level is a requirement to be in our Junior 2 Company. However, you do not have to be in Company to participate in the class, but you must fit within that level, ability and commitment. Dancers in this level MUST have prior dance experience.

### **Adv Teen 1 (Intermediate/Low Advance)**

All Adv Teen 1 classes are 60-75 minutes long and will cover one dance style. They are appropriate for approximate ages 10-13 (6<sup>th</sup>-8<sup>th</sup> grade). These divisions are designed to give more intense training in that one specific style. This class and level is a requirement to be in our Teen 1 Company. However, you do not have to be in Company to participate in the class, BUT you must fit within that level, ability and commitment. Dancers in this level MUST have prior dance experience.

### **Adv Teen 2 (Low/High Advance)**

All Adv Teen 2 classes are 60-75 minutes long and will cover one dance style. They are appropriate for approximate ages 12-14 (7<sup>th</sup>-9<sup>th</sup> grade). These divisions are designed to give more intense training in that one specific style. This class and level is a requirement to be in our Teen 2 Company. However, you do not have to be in Company to participate in the class, BUT you must fit within that level, ability and commitment. Dancers in this level MUST have prior dance experience.

### **Adv Senior 1 (High Advance)** \*Students in these classes will perform 1 dance in the recital - per class enrolled EXCEPT Stretch & Tech\*

All Adv Teen classes are 60-75 minutes long and will cover one dance style or training. They are appropriate for approximate ages 14-16 (9<sup>th</sup>-11<sup>th</sup> grade). These divisions are designed to give more intense training in that one specific style. This class and level is an optional requirement for our Senior 1 Companies. However, you do not have to be in Company to participate in the class, BUT you must fit within that level, ability and commitment. Dancers in this level MUST have prior dance experience.

### **Adv Senior 2 (High Advance)** \*Students in these classes will perform 1 dance in the recital - per class enrolled EXCEPT Stretch & Tech\*

All Adv Senior classes are 60 minutes long and will cover one dance style or training. They are appropriate for approximate ages 16-18 (11<sup>th</sup>-12<sup>th</sup> grade). These divisions are designed to give more intense training in that one specific style. This class and level is a requirement for our Senior 2 Companies. However, you do not have to be in Company to participate in the class, BUT you must fit within that level, ability and commitment. Dancers in this level MUST have prior dance experience.